

GROCERY STORE TIPS

Stay 6 ft apart from others



1

Stay home if sick.



2

Order online or use curbside pickup.

3

Only visit the grocery store, or other stores selling household essentials, in-person when you absolutely need to.



4

Cover your mouth and nose with a cloth face covering when you visit the grocery store.

5

Protect yourself while shopping. Stay at least 6 feet away from others while shopping and while waiting in lines. Do not touch your eyes, nose, or mouth.

6

If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.



7

Disinfect the shopping cart, use disinfecting wipes if available.

8

Avoid picking up items you are not going to buy.



9

If possible, use touchless payment (pay without touching money, a card, or a keypad).

10

After leaving the store, use hand sanitizer.



11

When you get home, wash your hands with soap and water for at least 20 seconds.



12

Follow food safety guidelines: clean, separate, cook, chill.

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CORONAVIRUS DISEASE